WHAT IS CLAIMED IS:

- 1. A method for combating skin pallor resulting from stress, comprising topically administering to an individual subject in need of such treatment, a cosmetic/dermatological composition comprising an effective skin pallor-reducing amount of manganese and/or at least one salt thereof and a physiologically acceptable vehicle, diluent or carrier therefor.
- 2. A method for combating skin pallor resulting from stress, comprising topically administering to an individual subject in need of such treatment, a cosmetic/dermatological composition comprising an effective skin pallor-reducing amount of manganese and/or at least one salt thereof; a bioaffecting amount of alverine, a keratolytic agent, a chlorine-channel opener, a hydroxy acid and/or a retinoid; and a physiologically acceptable vehicle, diluent or carrier therefor.
- 3. A method for combating skin pallor resulting from stress, comprising topically administering to an individual subject in need of such treatment, a cosmetic/dermatological composition consisting essentially of an effective skin pallor-reducing amount of manganese and/or at least one salt thereof and a physiologically acceptable vehicle, diluent or carrier therefor.
- 4. A method for combating skin pallor resulting from stress, comprising topically administering to an individual subject in need of such treatment, a cosmetic/dermatological composition consisting essentially of an effective skin pallor-reducing amount of manganese and/or at least one salt thereof; a bioaffecting amount of alverine, a keratolytic agent, a chlorine-channel opener, a hydroxy acid and/or a retinoid; and a physiologically acceptable vehicle, diluent or carrier therefor.

- 5. A topically applicable cosmetic/dermatological composition suitable for combating skin pallor resulting from stress, said composition consisting essentially of (i) an effective skin pallor-reducing amount of manganese and/or at least one salt thereof and (ii) a bioaffecting amount of alverine or a salt thereof, a keratolytic agent, a chlorine channel opener, a hydroxy acid and/or a retinoid, formulated into a topically applicable, physiologically acceptable vehicle, diluent, or carrier therefor.
- 6. The method as defined by Claim 1, wherein from 0.0001% to 10% by weight of manganese is administered.
- 7. The method as defined by Claim 6, wherein from 0.001% to 5% by weight of manganese is administered.
- 8. The method as defined by Claim 1, wherein manganese is administered in ionic state, or as a manganese salt, or as a manganese-rich natural, plant or microorganism extract.
- 9. The method as defined by Claim 8, wherein manganese is administered as at least one inorganic and/or organic manganese salt.
- 10. The method as defined by Claim 9, wherein manganese is administered as at least one of manganese gluconate, manganese carbonate, manganese acetate, manganese citrate, manganese oleate, and/or manganese oxalate.
- 11. The method as defined by Claim 9, wherein manganese is administered as at least one of manganese chloride, manganese borate, manganese nitrate, manganese phosphate, and/or manganese sulfate.

- 12. The method as defined by Claim 1, wherein said cosmetic/dermatological composition is topically applied onto the skin of said individual subject.
- 13. The method as defined by Claim 1, wherein said cosmetic/dermatological composition is a topically applicable solution, gel, emulsion, cream, oil, milk, makeup, serum, aerosol, vesicular dispersion, or artificial tanning preparation.
- 14. The method as defined by Claim 2, wherein from 0.0001% to 10% by weight of manganese is administered.
- 15. The method as defined by Claim 14, wherein from 0.001% to 5% by weight of manganese is administered.
- 16. The method as defined by Claim 2, wherein manganese is administered in ionic state, or as a manganese salt, or as a manganese-rich natural, plant or microorganism extract.
- 17. The method as defined by Claim 16, wherein manganese is administered as at least one inorganic and/or organic manganese salt.
- 18. The method as defined by Claim 17, wherein manganese is administered as at least one of manganese gluconate, manganese carbonate, manganese acetate, manganese citrate, manganese oleate, and/or manganese oxalate.

- 19. The method as defined by Claim 17, wherein manganese is administered as at least one of manganese chloride, manganese borate, manganese nitrate, manganese phosphate, and/or manganese sulfate.
- 20. The method as defined by Claim 2, wherein said cosmetic/dermatological composition is topically applied onto the skin of said individual subject.
- 21. The method as defined by Claim 2, wherein said cosmetic/dermatological composition is a topically applicable solution, gel, emulsion, cream, oil, milk, makeup, serum, aerosol, vesicular dispersion, or artificial tanning preparation.
- 22. The method as defined by Claim 3, wherein from 0.0001% to 10% by weight of manganese is administered.
- 23. The method as defined by Claim 22, wherein from 0.001% to 5% by weight of manganese is administered.
- 24. The method as defined by Claim 3, wherein manganese is administered in ionic state, or as a manganese salt, or as a manganese-rich natural, plant or microorganism extract.
- 25. The method as defined by Claim 24, wherein manganese is administered as at least one inorganic and/or organic manganese salt.

- 26. The method as defined by Claim 25, wherein manganese is administered as at least one of manganese gluconate, manganese carbonate, manganese acetate, manganese citrate, manganese oleate, and/or manganese oxalate.
- 27. The method as defined by Claim 25, wherein manganese is administered as at least one of manganese chloride, manganese borate, manganese nitrate, manganese phosphate, and/or manganese sulfate.
- 28. The method as defined by Claim 3, wherein said cosmetic/dermatological composition is topically applied onto the skin of said individual subject.
- 29. The method as defined by Claim 3, wherein said cosmetic/dermatological composition is a topically applicable solution, gel, emulsion, cream, oil, milk, makeup, serum, aerosol, vesicular dispersion, or artificial tanning preparation.
- 30. The method as defined by Claim 4, wherein from 0.0001% to 10% by weight of manganese is administered.
- 31. The method as defined by Claim 30, wherein from 0.001% to 5% by weight of manganese is administered.
- 32. The method as defined by Claim 4, wherein manganese is administered in ionic state, or as a manganese salt, or as a manganese-rich natural, plant or microorganism extract.

- 33. The method as defined by Claim 32, wherein manganese is administered as at least one inorganic and/or organic manganese salt.
- 34. The method as defined by Claim 33, wherein manganese is administered as at least one of manganese gluconate, manganese carbonate, manganese acetate, manganese citrate, manganese oleate, and/or manganese oxalate.
- 35. The method as defined by Claim 33, wherein manganese is administered as at least one of manganese chloride, manganese borate, manganese nitrate, manganese phosphate, and/or manganese sulfate.
- 36. The method as defined by Claim 4, wherein said cosmetic/dermatological composition is topically applied onto the skin of said individual subject.
- 37. The method as defined by Claim 4, wherein said cosmetic/dermatological composition is a topically applicable solution, gel, emulsion, cream, oil, milk, makeup, serum, aerosol, vesicular dispersion, or artificial tanning preparation.
- 38. The cosmetic/dermatological composition as defined by Claim 5, wherein from 0.0001% to 10% by weight of manganese is present.
- 39. The cosmetic/dermatological composition as defined by Claim 38, wherein from 0.001% to 5% by weight of manganese is present.

- 40. The cosmetic/dermatological composition as defined by Claim 5, wherein the manganese is present in ionic state, or as a manganese salt, or as a manganese-rich natural, plant or microorganism extract.
- 41. The cosmetic/dermatological composition as defined by Claim 40, wherein the manganese is present as at least one inorganic and/or organic manganese salt.
- 42. The cosmetic/dermatological composition as defined by Claim 41, wherein the manganese is present as at least one of manganese gluconate, manganese carbonate, manganese acetate, manganese citrate, manganese oleate, and/or manganese oxalate.
- 43. The cosmetic/dermatological composition as defined by Claim 41, wherein the manganese is present as at least one of manganese chloride, manganese borate, manganese nitrate, manganese phosphate, and/or manganese sulfate.
- 44. The cosmetic/dermatological composition as defined by Claim 5, said composition being in the form of a topically applicable solution, gel, emulsion, cream, oil, milk, makeup, serum, aerosol, vesicular dispersion, or artificial tanning preparation.